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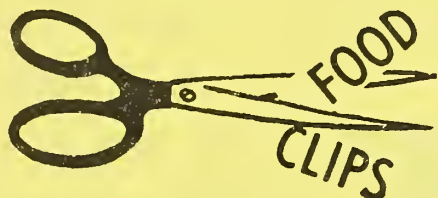
Food and Home Notes

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What is the best way to judge fresh vegetables? The quality of most fresh vegetables can best be judged by their external appearance, according to marketing specialists. Check for signs of freshness, color and crispness.

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The globe artichoke is the large, unopened flower bud of a plant belonging to the thistle family. Artichokes are produced only in California, and the peak of the crop is in April and May...but there are limited shipments during the year.

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Did you know that, according to the U.S. Department of Agriculture standards, a bacon dressing must contain at least 8% of cured, smoked bacon?

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If "barbecued meat" is advertised, it must have a barbecued (crusted) appearance and be prepared over burning or smoldering hardwood or its sawdust...A product labeled "beans with bacon in sauce" must contain at least 12% bacon...A "beef burger" sandwich contains 35% hamburger (on a cooked basis) according to U.S. Department of Agriculture standards.

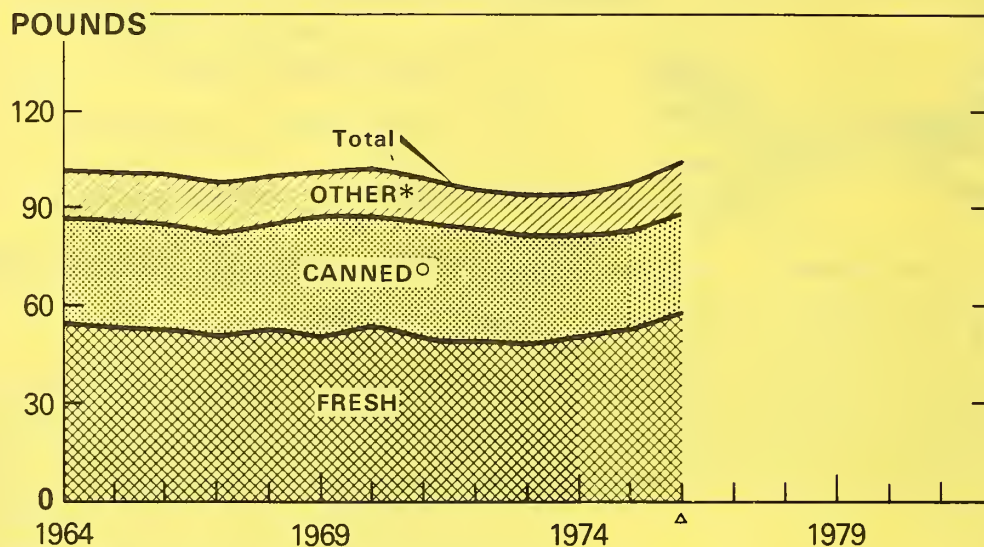
SHAPELY APPLES

Elongated apples or round apples? Most consumers seem to have a strong preference toward the elongated look according to U.S. Department of Agriculture researchers. Most Red Delicious apples that are grown in Washington State are elongated...and that's what consumers apparently prefer in preference to the rounder version of the Red Delicious that is grown in warmer climates.

Experiments have been made by the Agricultural Research Service plant physiologists to increase the fruit set of Delicious Apples through the use of chemicals. Test apples were grown successfully in New Zealand as well as in North and South Carolina, Michigan, and other states where they wanted to shed their round apple status. Chemicals to improve the shape of the Red Delicious apples may now be used to get the much-desired and familiar round shape to the market place. A commercial product is now being developed so the familiar preferred shape will be available.

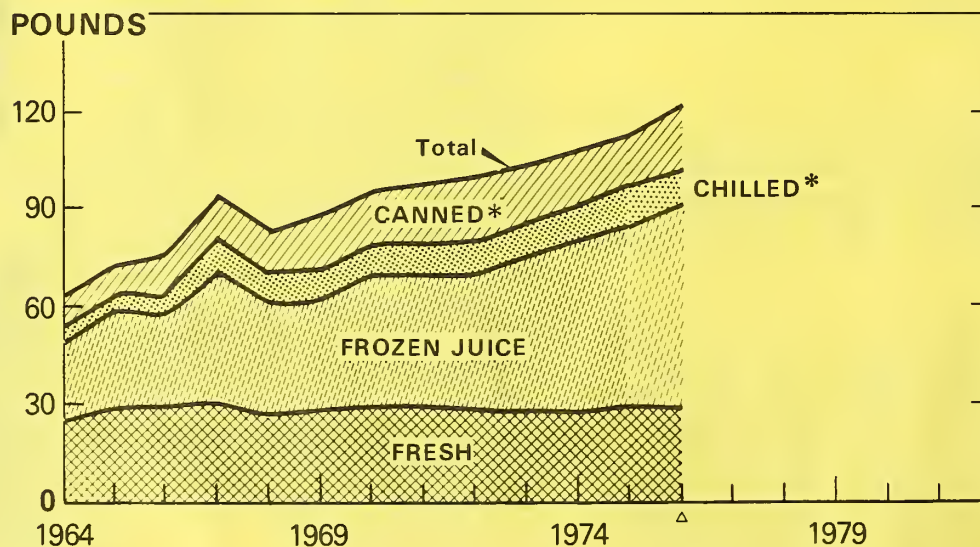


AGRICULTURAL CHARTS

NONCITRUS CONSUMPTION PER PERSON*Fresh-Equivalent Basis** INCLUDES FROZEN AND DRIED FRUIT. ^o INCLUDES JUICE. ^Δ PRELIMINARY.

USDA

NEG. ERS 2624-77 (8)

CITRUS CONSUMPTION PER PERSON*Fresh-Equivalent Basis** INCLUDES FRUIT AND JUICE. ^Δ PRELIMINARY.

USDA

NEG. ERS 2625-77 (8)

FOOD SHOPPING HABITS

—MAKE A DIFFERENCE

Do you sometimes wonder if you make the best use of your food money? Does it provide enjoyable, nutritious meals for your family -- and at a price you can afford?

Stretching food dollars in today's well-stocked markets is a challenge to most shoppers, regardless of income according to U.S. Department of Agriculture family economists. For those on a limited budget, finding ways to cut food costs is a continuing concern.

How much should you spend for food?

There's no single dollars-and-cents answer -- you should spend enough to give your family nutritious meals they enjoy eating. Many combinations of foods -- at various levels of costs provide the nutrients for a well-balance diet. The less money you spend, the more careful you will have to be to select foods that are economical as well as nutritious.

You can be reasonably sure that you are feeding family members wisely if you--

1. Prepare menus from the basic 4 food groups each day.
2. Choose additional foods to round out meals and satisfy appetites.
3. Before you leave for the food market, you should have a plan of action -- tentative menus for the next few days or week, with a complete or partial shopping list.
4. Jot down foods you plan to serve the next few days or week. Look at each food critically and compare the price with other foods -- be flexible -- maybe change your menu to fit the over-all plan -- but also get the best buys.
5. Look over the ads in newspapers. Buy "feature foods", especially those at the meat counter; it may mean considerable savings.

(Con't. page 4)

FOOD SHOPPING HABITS (CON'T.)

6. Scan your cookbooks and the food pages of magazines and newspapers for new low-cost recipes and ideas -- be innovative.
7. Where you do your shopping often affects your grocery bill -- check prices in nearby stores for several foods you buy regularly. Then decide which store offers reasonable prices and other features important to you, such as variety and good quality of foods -- you might even consider offstreet parking, and check cashing conveniences.
8. Usually, it's more efficient to pick a convenient, reasonably priced store and stay with it. Store-hopping for advertised specials may be pennywise, but unless the stores are close together it can be costly in time and gasoline or bus fare.
9. When you shop depends on your schedule. Try to go when the store is not crowded and you have time to select with care.
10. Study labels, compare prices, and get acquainted with new food products. Give food buying the attention it deserves and it will prove worth the effort according to U.S. Department of Agriculture family food economists.

FRUITS

— SEASONAL UPS AND DOWN

Prices of oranges, grapefruit and apples will continue fairly high through September this year, but are expected to go down in October and November. Fresh peaches will not be available after September...and banana's will remain in the same price range...pear prices will go down in September and so will those for grapes; both will go up in cost in October according to the Economic Research Service, USDA.

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